

NIGHT JAMES GOES TO THE WATERS EDGE AND PONDERS.

actionist Tad here depicts Britt taking a run, and scenes of

## MPERT TALKS ON ATHLETICS

## teresting Talk by Dr. Sargent.

rvard Gymnasium Instructor Explains Value of Exercise.

It Is Not the Athletes, but Stuents and Business Men Who Need Athletic Work.

BRIDGE, Mass., Dec. 21.-For those tick of the athletic work of a col as it appears on the gridiron, ed, the einder path and the there are many surprises in the of Dr. Dudley Allen Sargent he just closed his twenty-fifth year der of the Hemenway gymnasium Barvard. As a matter of fact, the epresents his college on a 'varat that team or crew is, to Dr. mis mind, about the least importbeber of the student body from the I view of the physical educator.

sterally, there been handling such Kense, I have been handling such is thirty-five years, at Bowdoin colist Tale before I came here, and I is better than to worry about them, and I want to get at, and the man its college out ht to insist should boilly as well as mental training, treriday American, who ctarting the call year of the college out to the strain of the class from and later through the class-room, and later through the of modern business life. He is as who must develop his physique sport his brain and nerves. It is one of the 450 students who come strain university every year and is their names into the sporting as who are the real incentive of the 50 are the first the 50 are the real incentive of the 50 are the real incentive of the 50 are the first the 50 are the real incentive of the 50 are the first the 50 are the 50 are

What Dr. Sargent Has Done.

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a Dr. Sargent's work has been, few talize. No other man, probably, at so much to do with the develue of the same at the develue of the same at letter as the director of the symmastic work and the creations at letter as the director of the symmastic work and the same at letter as the director of the symmastic work and field at hieters and other modern training methods is a large. Naturally, since t...s excepts a large of the symmastic work as they are set today, what he has to say in the symmastic work is satisfied by the symmastic and the symmastic as the same from the symmastic as the same from the symmastic as the same of his thirty-five years, and will by stand as the authoritative work wan who devised the whole American of lodor exercises.

Invented Much Apparatus.

Invented Much Apparatus.

sented Much Apparatus.

Institute the contribution of the contribu

With all the rises and declines in many of the once popular forms of physical training there has never been so much time given to sports in general as new. In the advance in medicine during the last quarter-century, there has been nothing more striking than the emphasis laid on the value of the ounce of prevention ever the pound of cure. But the same eld difficulty has remained about between the pound of cure. But the same eld difficulty has remained about between the pound of cure. But the same eld difficulty has remained about between the pound of cure. But the same eld difficulty has remained about to regard it. In many of the systems and methods so loudly promulgated, a drudgery and a bore. "It is too much like work" is a common way of locking at it; and often when intentions are the best in the world, efforts are so unintelligently directed as to be worthless in producing results.

As a physical educator—for he is not only director of the Harvard gymnesium, but is the head of the department of physical training of the Harvard summer school of the Normal School of Physical Education and of a private gymusium of his own—Dr. Sargent set to work some of his own—Dr. Sargent set to work some years ago to get up a scheme that would make people exercise "because they wanted to," and keep them interested until evident improvement made any other incentive unrecessary. As a basis to work from he had the invaluable data furnished by thousands of physical examinations of Harvard boys, and of men and women in his summer school and normal work—examinations that cover every stage of development and every degree of perfection and insufficiency. Furthermore as an expert Dr. Sargent had been in touch with physicians all over the country and is called on day after day to answer questions asked by all sorts of people in all manner of occupations.

"Health, Strength and Power."

"Health, Strength and Power."

So an extraordinary amount of unusual information and experience furnished the material from which "Health, Strength and Power" was written. The method of approach is unusual, too, for instead of a discussion of anatomy and an explanation of the theories and mechanics of exercising, such things come up for consideration as "the functions of clothing," "the value of rest and sleep," "the food we should eat" and "the conditions that surround us" in our twentier tentury living. Each of these things has its influence on any properly regulated scheme of physical training, of course, but it has been hard for the layman to determine, without expert advice, how it should be regulated.

ince is built.

As has been said, it is Dr. Sargent's theory that the tedium of home athletics to those to whom they are merely per-functory—and those are apt to be the perle who need them most is relieved etting before a man a vivid picture setting before a man a vivia picture of doing something more than almiessly stretching and relaxing his muscles. Some performance in everyday life which the motions of the exercise approximate best accomplishes this—and it may be chopping wood or striking an anvil, or fencing, or boxing, or boxing, Therefore, his present volume is not a rule-book of mechanical vectors, but nearer an admission of

Striking at the Air.

Take, for example, "the boxer's guard," for most of us it would seem, at first blush, absurd that we could get any bensent from the motions of sparring unless there were at least a punching bag in the room. But here is a way, in which the chest is expanded, the muscles are brought into activity and the blood is set jumping, not by striking out wildly in the air, but by stopping short at fust the right point. Then there is the "long drive," it is a different matter from showing a friend, with an imaginary golf stick, how to whe ought to have made a stroke, but the motions are pretty much the same as those you would go through on the techn ground and there is the satisfaction of knowing that you will hole out in the lowest possible score. Perhaps there is not as much fun in "bowling" with a handful of atmosphere as with a lignum vitae ball, but if you only know how in do it there is fully as much benefit when the action is gone through with skillful precision. And so the list might be prolonged, it includes all manner of picturesque ideas and besides the interest that the names give the exercises, they serve to keep the mind on the muscles ig use, which is, in the opinion of Harvard's physical director, a most important thing.

Dr. Sargent's Strength Tests. Striking at the Air.

Dr. Sargent's Strength Tests.

b. Sargent has not only developed gymbe Sargent, no little of whose
a hatter and his shrewd handling
fas first to see the trouble with
the hand himself invented.
The work reduced exercising to a
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there were plenty of people
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there were more—very many
to the great body of workers in
effices whose duties were conwhose days were spent in the
the of tasks that bring into play

Sport Is Gaining Ground.

An Mar

Muscle in Foot-Pounds.

The principle on which these tests are based is a simple one drawn from the familiar rule of physics about lifting one pound through a space of one foot. In other words, they reduce the capacity of every muscle to foot-pounds in a very ingenious, and, as can be readily seen, absolutely accurate way. Though they are used to determine the physical fitness of candidates for the Harvard teams and crews, and have been adopted as the standard tests for police forces and five departments, they show just as exactly the powers of the humblest beginner and give him a means of determining his pro-

Growth of Athletics.

Organized athletics were hardly known

IMPRONT OF MR BRITT'S.

QUARTERS,

to a second important advance in athletic methods; just as he superceded his own rowing machines and what-nat. Tr. Sargent displaced his own spirometers. Iffing tests and the rest with strength and evices are needed. A special advantage they have over mechanisms is that they determine exactly not only the amount of force a man can put forth momentarily, but the length of time during which he can continue to exert it.

Muscle in Foot-Bounds.

Dr. Sargent an Educator.

"Health, Strength and Power."

As Dr. Sargent lays them down the regulated.

As Dr. Sargent lays them down the rules seem simple enough. They embody the principles that have brought American athletes to a point where year after year they are taking the championships of the world; they are the prescription for making the red blood that builds muscle and lays the foundation on which endurance is built.

Growth of Athletics.

Organized athletics were hardly known when Dr Sargent came to Harvard a quarter of a century ago. The college gymnasium was then a little bit of an octagonal, one-story building—the building known as Rogers, where the Germanic museum is now temporarily located—into which this years athletic squads could be crowded only by close standing. Physical training as a branch of scientific edition had never been heard or thought of but so promptly did the new director point out its possibilities that within tenycars the Hemorway gymnasium had been built and later an extension nearly as large as the original building was added. Year by year the appreciation of the importance of training the body as well as the mind and maintaining working efficiency by giving it a proper physical basis has spread the length and breadth of the land. Today organized work of one kind or another is established in 250 colleges and universities; about 250 citles have adopted physical exercises in their schools, and 160 of them have special teachers; there are some 500 V. M. C. A gymnasiums in different parts of the country, with a corps of some 290 directors and 80,000 members; or the German pymnastic societies the North American Turnerbund alone has something like 360 gymnasiums of one or another description and a few out-of-door and public city gymnasiums are in operation. This is an indication of the American tendency today. It is only an indication for it does not take into account the great mass of us wha "would be only too glad to if we could," and who could if we only knew how. Dr. Sargent has hoped to mark with a lasting memorial the culmination of his thirty-five years of service—in which he has trained in his formal schools of physical education alone upward of 200 men and women who have become instructors—by introducing a system of athletics which every one (can practice, whatever his condition or directomstances, to advantage for sharing in the strengous life of the nation. It is the fruit of this endeaver tha Exercise Should Interest. cal motions, but nearer an adaptation certain kinds of work and play into wh we may almost call a series of games.

Mitchell Returns Home.

Mitchell Returns Home.

NEW YORK, Dec. 31.—Charile Mitchell salled yesterday for England to look after interests of his fighting protege, Jahez White, whom he is anxious to match with Jimmy Britt.

Before he started Mitchell said that he had heard nothing directly from either Britt or his managers concerning his challenge read at the ring side on behalf of White, although he understood that Britt was willing to make the match.

Tom O'Rourks is looking after Mitchell's interests here and if formal answer comes to White's challenge O'Rourke will cable the contents to England.

Amateur Tourney for Cue Experts

BRITT DOING

ROAD WORK OVER THE SAND DUNES

ALONG THE OUEAH BEAUH.

Big Meet of Billiardists Will Take Place at Chicago in

January.

part of the country will compete in the Chicago Athletic association tournament the committee which has the coming local candidates for cue honors have been

give him a means of determining his progress as often as he wishes.

Many a man has started in pursuit of sound health by the road of regular exercise at home, with the best intentions in the world and has dropped the whole thing because he "couldn't see that it was doing him any good." Right there is where Dr. Sargent's new strength tests come in. By means of them the home athlete can take the measure of his own strength to start with, and then watch it grow from menth to month, or even, when he is well under way, from week to week. He does this not by a series of measurements of chests and arms and legswhich count for less than they used to-but by gaining a positive knowledge of what his muscular output will do and how long it can stand the strain. And this can be tabulated or traced on a chart or set forth in any graphic form that seems most satisfying. Thus is supplied the best incentive to exertion of any kind that has yet been, devised—the consciousness of progress and increasing power.

Growth of Athletics.

the players themselves to continue the schedule over any great length of time, as would be necessary if all accepted, yet if the number of acceptances exceed our expectations some arrangement will be made to declide which of the entrants will

actually play in the games.
"For instance, if five or six New York players are entered and, say, four Chicago men, proliminary contests could be held to decide which should play in the need to decide which should play in the tournament. If twelve men played in the fourney it would take sixty-six games to settle the championship. Most of the players haven't that much little to give to the tourney. But all who enter will have a chance to play."

List of Those Invited

Following is a complete list of the playors invited to participate in the game.
Wilson P. Foss, J. F. Poggenberg, Eddie
Gardoer, Dr. L. L. Mial, A. P. Miller,
Charlen S. Norris, New York, J. Byron
Stark, Wilkesburre, Pa.; W. H. Sigourney,
H. A. Wright, Charles Mitchell, San
Francisco; Martin Müllen, Cleveland; Arthur Townsend, Brooklyn, J. De Mun
Smith, St. Louis; Charles S. Schmitt, Racine, Wis.; Mortimer S. Rolls, Philadelphila; M. Rerolle, Ffaris, France, R. J.
McGinnis, Dr. Harley Parker, Ed. Rein,
Harry Pagin, C. F. Conklin, Chiesgo;
Charles Threshle, Roston.

The committee has decided to award
the winners with prizes that will be
worthy of the contents best efforts. What
they will be has not yet been determined

Boxing as It Is in the South.

Boxing as It Is in the South.

A man who used to come down here from New York when New Orleans was doing things that were big in the boxing way, yesterday put in a half-hour in a big chair in the big hotel deploring the degeneracy of the times, writes Hugh E. Reough in the New Orleans Item.

"Why," said he, "does New Orleans frown upon the real thing and tolerate the imitation. Why should it exploit a lot of discase-ridden, tobacco-hearted louis, who train on beans, beer and eigarestees, and are liable to die under the first punch and bur the doors against first-class fight-half gift and the doors against first-class fight-half gift punch and bur the doors against first-class fightand bur the doors against first-class fight

Looks to me like chasing the devil "Looks to me like chasing the devil around the stump. It may be off the same plece as your Sunday closing law. I went into a place today that had a linsey hung in front of the dispensing counter, attached to which was the grussome sign. Bur is closed." The blank space on the card presented such tempting opportunity for a loke that some wag could not resist it. So, with a large black pencil, he wrote, Like Hell. The jest did not seem to appeal to the Teutonic proprietor. But that's something else.

leans gave in the good old days was followed by a fatality or a breach of seandal I have forgotten something.

"I suppose if you attempted to bring Britt and Nelson together in New Orleans there would be a roar that would change the current of the Mississippi, yet you give space in your newspapers for the mugs and records of a lot of dube who sleep in their clothes under high side-walks, and subsist on handouts. Those relieves and their managerial atachments cannot exist without cheating, and that content in the subside word that is upper most in my mind elience which probably are doing the best they can to entertain themselves but I fall to see where a contest between a couple of well-trained and well-fed, clean-skinned athletes is any more demoralising than a seuffle engaged in by a pair of between a falleter is any more demoralising than a seuffle engaged in by a pair of between a falleter is any more demoralising than a seuffle engaged in by a pair of between the second the level, which they seldom are.

"Bexing has been killed in nearly every big city in the country, not by the boxers themselves, but by their managers.

"Philadelphia and San Francisco are the only places where a fighter can rest his weary head, and Philadelphia is approaching the crisis in its characteristic sleepy way. Mayor Harrison of Chicago has called a sudden halt. Boxing in the city by the lake has been elevated from the commonplace misdemeanor to the dignified felony. Fakirs killed the Horton law in New York. Boxton is affrighted at the thought of a boxing glove. They are dubing along in St. Louis, but the finish is in sight.

And Just to think that a majority of the full-bloaded, law-abiding and law-making citizens of the cities I have mentioned think it is one of the best forms of that manly sport."

Teddy Murphy Explains.

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SAN FRANCISCO. Dec 31.—Teddy Murphy, who was charged with trying to get away with his share of the fight mon-cy, was very wild when he called over the phone at Stockton and said that Nelson was a het-headed boy and would regret

his action.
"I was going East with the money, of course I was," said Murphy, "but Nelson's folks were going to get it and not himself. I knew that if I left it here with him the woman who has won him over for the present would eventually get it, and by getting it away from him I know that in months to come he would think that in months to come be would think me the wlacr. He's only a boy, and with the flattery that is passed out to him he's an easy victim. Well, he can have his share of the money, but I'll bet he'll be sorry that he didn't let me bring it to his follow.

sorry that he didn't let me bring it to his folks.

"Yes, we did have a little trouble, and it was all on account of this same woman. Nelson seems to be completely under her control. I think she has him hypnotized. She insisted on visiting the training quarters and taking Bat's attention from his work. I hollored against it, but my protests seemed to be in vain.

"When Bat refused to sign with me for a caseon I thought it as good as over. This trouble will be unsily settled. He knows that I wouldn't try to steat the money because we have been pais for so long and were more like brothers than manager and boxer."

Alex Greggains, who secured the boxing permit for January is still up in the air about his next card. Buddy Ryan and dimmy Gardner are now mentioned. Young Corisett and Britt are also on the card, and no one seems to know who it will be.

will be Britt will go out to the beach with Sam Berger, his amateur pal, and help train him for his coming light with Jim Casey, which takes nince here Friday night Casey is the Irish heavy who acted as sparring partner for Fitzelmmons here last year, and the go is attracting plenty of attention.

Illustrated Sporting News' All Eastern Eleven.

Eastern Eleven,
Ends - Drake (Pennsylvanta),
Shevlin (Yale)
Tackies-Cooney (Princeton), Hogan (Yale), and captain,
Guards - Piekarski (Pennsylvanta), Eloomer (Yale),
Center-Tipton (West Point),
Guarterback-Rockwell (Yale),
Haftbacks-Hurley (Harvard),
Fullsack-Smith (Pennsylvanta)

\*\*\*\*\* Duffy Goes Abroad.

Bur is closed. The blank space on the card presented such tempting opportunity for a loke that some wag could not resist it. So, with a large black pencil, he wrote, "Like Hell." The jest did not seem to appeal to the Teutonic proprietor. But that's something else. "I was thinking about boxing. It looks like'a paradox. The influence that has the longest trip undertaken in the history of amateur athletics. Duffy during the last four years like'a paradox. The influence that has won the champlenships of the United States, England. Scotland, Ireland and France. He has a record of 100 yards in Australia. He will go through the Suezent good and all from a clout on the jaw? If one of the big boxing shows that New Or-

REVIEW OF THE YEAR'S TENNIS

AD SEEL ROUN HOUSE

SAN FRANCISCO:

substantial revival in tennis throughout the entire United States and the enthusiasm in Salt Lake has been but a part of the wave which has passed across

the continent. Americans are genuinely athletic and

Americans are genuinely athletic and must have some form of sport on which to expend their energy.

Fads in athletics take a hold on our people periodically and for a short time the vast majority will unthinkingly follow its dictates, but after a time reason prevails and they go back to those games which give the best and most healthy form of exercise and diversion.

Coif took the people by storm some years ago, and the links were dotted everywhere with devotees, while tennis courts were neglected. This is changing and golf is no longer a rage. The old-time tennis players are getting out their rackets and returning to their first love. The fournaments held in the city and in Fort Douglas this summer were the results of this retwelling of the tennis enthusiasm and called for the same highgrade play. grade play

Salisbury State Champion.

The State championship tournament, won by Mr. J. Sallabury, probably brought out the best tennis of the year. The deciding match between James Sallabury and his brother, Walker, was especially clever and elicited continual appliance.

pecially clever and elicited continual appiause.

Both men are in colleges in the East, which gives them something of an advantage over the home players, because of their opportunity to play with the Eastern experts. Their play is asways sharp and aggressive, but steady. The champion is the stendiest player in the State, and if he improves his railles and learns to play more of a net game he will be nearly invincible.

Walker Salisbury should better his back-hand strokes and increase the speed and accuracy of his returns.

The old-time champions of the State, Cart Roberts and Frank Roberts, always play championship terms, but are handicapped with the young players in not inving time to practice. The former is the surest in the State on the return and in back-hand strokes, but plays the back-court game almost exclusively. The latter is the most aggressive and the speed-lest player of the year, but is not accurate in the returns and in placing. When rescribes they will win some of next years cups.

to the back-court game, which is at best a defensive game and more generally passive. It is the negative style of play and depends largely on the opponent losing the point by an error. They should work more net and volley play into their game by rushing to the net on a high kib, where they can settle the play by a well placed volley. This is the positive and aggressive game which bests the opponent in spite of his ability to return well.

well.

Some men play five or more sets of doubles every day in the week, whereas three sets of singles three times a week would improve their play a hundred per cent and prevent their getting stale for the tournaments.

Fort Douglas Tennis.

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Fort Douglas Tennis.

The Fort Douglas players have improved wonderfully since their arrival in Utah last June and if it continues they will carry some of next year's cups to the garrison. Their tournament was won in September by Mr. Frank Roberts and he has to win again next year to become the permanent owner of the cup. He defeated Capt. Morrow in the finals after a five-set match, but if the Captain improves his volley and swift return stroke the cup may go back to the Fort next year.

Capt. Morrow won the military championships in singles and doubles of the Denver.

Lieut Haskell shared the above honors in doubles, and if his single game is improved in volleying, back-band return and in protecting and covering his court, he will be one of the strongust of next year's players.

Lieut Buhe gave promise of good tennis early in the year, but he didn't play enough to stand high.

It is said that Capt. Ely is a good player, with a strong serve.

Ogden and Logan Players.

There were no representatives from the outside cities of our State in this year's

There were no representatives from the outside cities of our State in this year's tournament, because they were held on such short notice, but the clubs of Ogden and Logan and other cities have announced that they will participate next year and will send some very strong men.

1905 Tournaments

1905 Tournaments.

There is a movement on foot to arrange for an open tournament next year which will draw all the leading players of Denver. Colorado Springs, Glenwood Sorines, and, in fact, of the West, to our city. An effort will be made to get some one of our public-spirited citizens to give a \$40 bowl or cup as a prize, to be won three years for ownership. A prize of this sort would mean the attendance of all the experts of the West and possibly some from the East. It would, of course, be a great opportunity for our players to meet these experts, and would raise the standard of our tennis. Five or six of our best players would stand an equal chance with any men from Denver or the Rocky Mountain States.

States.
Such a gathering of tennis experts would be a leading society event.
It is expected that next year the Country club will give a gentlemen's tournament as well as a ladies' and hold it some time in midstances.

The Fort Douglas tournament will be The Fort Boughs tournament with 58 in July and although it is an invitation tournament, it brings together the best players of the post and the city.

The State championably tournament is beld in August, after all the other tournaments, and is open to all Utah men

NEW DIRECTOR OF Y. M. C. A. GYM.

R. D. Burtner of Chicago will assume control of the new Y. M. C. A. gymnasium when it is completed, next spring. Mr. Burtner arrived in this city a short time ago direct from the Middle West, and will remain here until time for him to begin

his new duties.

In securing the services of Mr. Burtner.

Sait Lake is indeed fortunate. The new director is a young man of thorough education in his chosen vocation and has a record of service in some of the best gymnesiums in the country. He has the Association idea of physical culture and gymnasium work, namely. "Athletics and



lest player of the year, but is not according in the returns and in placing. With practice they will win some of next years cups.

Many Good Players.

There are several first-class players in the city who came near the finals, and any one of these are apt to spring to first place next year if they study their weak points and style or play and overcome them by proper tractice.

The most general error made by them is in playing doubles when at practice and not singles. Doubles unfit players for the botter game of singles, because doubles is divided play, requires less alertness and activity, and no one player in doubles can plan and control the play which is the secret of success in singles.

More Net Plays Needed.

Another common error is made by our first-class players in adhering so closely